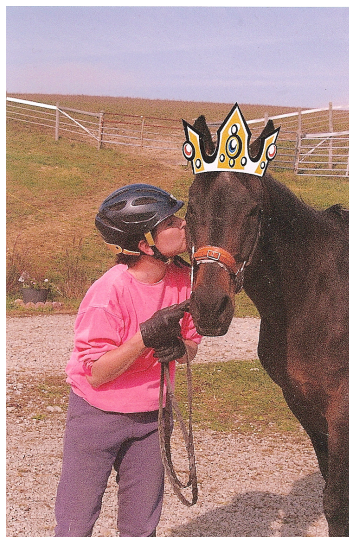




www.CoventryEquestrianCenter.com

In Stride with Coventry # 118

Friday out, Saturday in.. windy, cold & icy
Sunday & Monday out, Tuesday & Wed. in...



King
Coventry
Johannis and
Irene, who among
others, loves him
dearly. PS, she did
not turn into a frog
when she applied
this kiss.

**Too Cold to go
outside?** Here is
a recipe so you can
stay home by the
warm oven and
cook for those wait-
ing for you at the
barn.

Easy Horse Biscuits
(Recipe from www.petsit.com)



1. To ½ cup of grain (corn, barley, wheat, oats) add small amount of any dry ingredients (flour, bran, oatmeal, sweet feed, or wheat bran)
2. Mix in ¼ cup of water, then add small amounts of liquid ingredients (water, corn oil &/or applesauce)
3. Add molasses, fruit &/or vegetable chunks
4. Add spices &/or herbs (garlic, ginger, rosehip, nettle or barley grass powder, parsley chamomile, flax seed & sugar).
5. If too dry, add more liquid (& vice versa). Ideal consistency will contain nearly equal amounts of dry & liquid ingredients.
6. Drop spoonfuls onto a baking sheet & flatten the biscuits
7. Sprinkle with grain, sugar or molasses
8. Bake at 200 degrees for 15 to 20 minutes or until golden brown.

Pennsylvania Horse World Expo
www.horseworldexpo.com/PAfeatures.htm
Farm Show Complex Harrisburg, PA
Feb 26, 27, 28 & Mar 1, 2009

NEW LESSON THOUGHTS: Despite this weather the phone is still ringing for lessons. I gave one of my "classic" new lessons on Sunday - I think in ten degrees - I forgot to tell her not to come if it was under 25 degrees.

Because I got to go to the house when I was done and get warm, I was able to write down some thoughts from this new lesson. I have a system with new students of which I ask all new riders at Coventry the same questions. This new lesson person has been taking lessons for four years and only knew the answer to one of my questions. This is typical! To me it is shocking that other riding teachers do not teach such simple concepts as :

- **What are your three natural aids?**
- **When do you ask the horse to go forward in the posting trot, when you are up or when you are down?**
- **Which is your passive leg, and which is your active leg?**
- **Should your horse look where it is going?**
- **How do you bend the horse?**
- **What is the difference between positioning and bending?**
- **And, the big one, what is longitudinal motion?**

I am sure there were many more questions. So, this lesson person learned more in her first lesson with me, than she ever heard of in four years. I am thrilled to be able to share my knowledge. I studied for years and am still learning....basics, basics, basics. When a rider has good basics, the rest is gravy!

Once again Kristen Kolenda had a stall decorating contest for Christmas. She got prizes donated from the Village Tack. Mary and Rose, who own Archie, won the contest. They got a brand new red saddle pad. Visit the Village Tack
([http p://villagetack.net/index.html](http://p://villagetack.net/index.html))

Click Animal Rescue site to feed sheltered animals
<http://www.theanimalrescuesite.com/clickToGive/home.fa>

